

## ALTERNATIVE PREPARATION FOR COLONOSCOPY

(Please read all instructions carefully before beginning your prep. Not following all instructions could result in cancellation of your procedure after arrival.)

### SPLIT DOSE: MiraLAX and Dulcolax

(You will need to obtain an 8 or 10 ounce bottle of MiraLAX powder, 4 Dulcolax Laxative tablets, and a 64 ounce bottle of Gatorade from any pharmacy)

#### 7 DAYS PRIOR TO PROCEDURE

1. If you take any aspirin, aspirin products, or 'antiplatelet' drugs (Clopidogrel, Plavix, Effient, etc.) prescribed by a physician, you **MUST** receive clearance from our office to stop those drugs 5 - 7 days prior to your procedure.
  - a. **\*\*\*Make certain our office knows that you take these medications and that we have ok'ed you to stop them or not.**
    1. Do **NOT** stop these medications without a prior 'ok' from our office
2. If you take Coumadin, Xarelto, Eliquis, Pradaxa, or any other blood thinners, make certain our office knows.
  - a. You **MUST** have our prior 'ok' on when to stop these medications prior to your procedure
3. If you have any questions regarding stopping aspirin, platelet drugs, or blood thinners, call our office at (757) 412-4919 or our on-call nurse at (757) 620-6612 if it's after office hours.
4. Continue to take your heart and blood pressure, or other required, medication as prescribed prior to the procedure.
5. You may continue to take your Prilosec, Zantac, Protonix, Nexium, or other GI medications.

#### 1 DAY PRIOR TO PROCEDURE Be certain you drink plenty of fluids today!

1. You will be on a liquid diet all day for breakfast, lunch, and dinner.
  - a. If you are not diabetic, fruit juice or sports drinks are best. You can have any juice that does not have pulp or fiber.
  - b. You can have apple juice, bouillon, broth, soda, black coffee, or tea, Ensure, Kool-Aid, Boost, Gatorade, and plain Jell-O.
  - c. **NO SOLID FOODS, MILK OR MILK PRODUCTS, SMOOTHIES, ALCOHOL, OR ANYTHING CONTAINING RED OR PURPLE DYE.**
2. At about 4:00 pm, take the 4 Dulcolax tablets **followed by 2-3 glasses of clear liquids.**
3. At about 4:30 pm, mix half of MiraLAX (4 ounces) in **32 ounces of Gatorade and drink within one (1) hour.**
  - a. You should start having bowel movements within 1-5 hrs.

#### DAY OF PROCEDURE (Please remove all jewelry and piercings prior to procedure)

1. Starting at \_\_\_\_\_ am (**6.5 hours prior to your appointment**) you will mix the remaining half of MiraLAX in **32 ounces of Gatorade and drink within one (1) hour.**
  - a. Make sure to take any approved medications at this time.
2. **Do NOT eat or drink anything, including water, 4 hours prior to your procedure time.**
3. You will need a responsible adult to drive you home after the procedure due to the sedation. You will not be able to drive until the following day.
  - a. **NO TAXI CABS OR RIDE SHARE APPS** (unless you are accompanied by someone)
4. Please leave all valuables at home (**with the exception of your insurance card and identification card**) so nothing comes up misplaced or missing.
5. If you have any questions, concerns or something comes up, please call us at (757) 412-4919.